

NORTH BRANCH TRIATHLON

Check-In 7-8:30 a.m.
Race Starts 9 a.m.

Wyalusing, PA

SATURDAY - OCTOBER 10, 2009



—This year marks the sixth year of the triathlon. It will be held on Saturday, Oct. 10, 2009—

The event is organized and hosted by an all-volunteer effort from the Greater Wyalusing Chamber of Commerce (GWCC) along with financial support of many regional businesses and individuals.

Run Course - 4.5 Miles; Canoe/Kayak Course - 4.6 Miles;
Bike Course - 15.3 Miles Awards Ceremony- 1:30 p.m.

Registration Information

Individuals or teams of two, three or four people may enter, however, keep in mind that two and three person teams will be competing with four-person teams. All bicyclists must wear ANGI helmets and all paddlers must wear personal flotation devices. Registration for the triathlon will begin at 7 a.m. in the T/W Community Room of the GWCC building on Main Street. Registration closes at 8:30.

A pre-race briefing will be held at 8:40 a.m. outside the GWCC building.

Pre-registration is highly recommended as it helps greatly with the event. Pre-registration will allow the GWCC to send participants a packet with map, event particulars, tickets for free BBQ chicken and your preferred t-shirt size, festival entertainment, boat rental and lodging info, etc.

To be eligible for the discounted pre-registration price, application forms are due by Monday, September 21, 2009.

The entry fee prior to August 1 is **\$55 for individuals or \$40 for each team member**, regardless of the number of team members. Pre-registration price from August 1 to September 15 is **\$60 for individuals or \$45 for each team member**. After September 15 up to race day, the entry fee raises to **\$70 for individuals and \$50 for team members**.

If a category has less than four teams in it, the group will be moved up to the next age group. Age is figured by average (total age divided by the number of people).

Triathlon participants will be limited to 300 individuals. Various commendations will be given to the winners.

Every participant is required to sign the release form on the backside of this entry form.

Safety

The safe operation of the event is a top priority of the organizers, and we wish it to be an enjoyable and memorable occasion for all. Participants should practice courteous sportsmanship. Bicyclists should make sure their brakes and all components of their bike are in top working order.

Please Note: Triathlon participants are invited to stay in Wyalusing Fri. and Sat. nights to partake of the many events taking place on Main Street. **This annual event includes some great blues, rock 'n' roll, bluegrass and swing music, art exhibits, arts and crafts, children's art activities, poetry readings, puppetry, food and dancing that take place Friday night and throughout the day on Saturday.**

Visit www.wyalusing.net for a detailed listing of events and times.

Release Form on Reverse Side Must Be Signed Before Remittance

For information call the Greater Wyalusing Chamber of Commerce at 570-746-4922 or email: wchamber@epix.net

ENTRY FORM

Please circle the appropriate categories for you or your team.

		Male	or	Female		
19 and under	20-29	30-39	40-49	50-59	60-up	(three Places)
Male Team	Female Team	Mixed Team				(three places)
Iron Man	Iron Woman					(overall winners)

Complete this form and mail it along with your entry fee to:

The Greater Wyalusing Chamber of Commerce, PO Box 55, Wyalusing, PA 18853

Last Name _____ Middle Initial _____ M or F

First Name _____ Age _____ DOB _____

Street, PO Box _____

City, State, ZIP _____

E-Mail Address _____ Phone _____

Team Name _____

Names of Team Members _____

Total Payment Enclosed \$ _____

Please make checks payable to North Branch Triathlon.

Circle Shirt Size: YOUTH: Medium ADULT: Small Medium Large XLarge XXLarge

Please photocopy this document so all team members will be registered, send together as a team.

Check if you are participating in the River Towns Race Series - www.rivertownrace.com

Due to PennDOT's road construction, the run/bike route may be changed on race day.

NORTH BRANCH TRIATHLON WAIVER AND LIABILITY RELEASE

PLEASE READ CAREFULLY BEFORE SIGNING THIS ACKNOWLEDGEMENT, WAIVER AND RELEASE FROM LIABILITY (AWRL)

I acknowledge that a triathlon or multi-sport event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury, and property loss. I HEREBY ASSUME THE RISKS OF PARTICIPATING IN TRIATHLONS, RACES, OR MULTI-SPORTS EVENTS. I certify that I am physically fit, have sufficiently trained for participation in this event and have not been advised against participation by a qualified health professional. I acknowledge that my statements on this AWRL are being accepted by the Greater Wyalusing Chamber of Commerce ("GWCC") in consideration for allowing me to participate and are being relied upon by the GWCC and the various race sponsors, organizers, administrators and the Greater Wyalusing Chamber of Commerce and the Wyalusing Lions Club in permitting me to participate in the North Branch Triathlon. In consideration for allowing me to participate in the North Branch Triathlon, I hereby take the following action for myself, my executors, administrators, heirs next of kin and successors and assigns, or anyone else who might claim or sue on my behalf and I expressly acknowledge that it is my intent to take these actions: a) I AGREE to abide by the Competitive Rules adopted for the North Branch Triathlon including the Doping Control Rules as they may be amended from time to time and I acknowledge my participation may be revoked or suspended for violation of the Competitive Rules; b) I AGREE that prior to participating in an event I will inspect the race course, facilities, equipment and areas to be used and if I believe any are unsafe I will immediately advise the person supervising the event; c) I WAIVE RELEASE AND FOREVER DISCHARGE from any and all claims, losses (economic and non-economic) or liabilities, for death, personal injury, partial or permanent disability, property damage, medical or hospital bills, theft or damages of any kind which may in the future arise out of, result from, or relate to my participation in or my traveling to or from the North Branch Triathlon, THE FOLLOWING PERSONS OR ENTITIES: EVENT SPONSORS, RACE DIRECTORS, EVENT PRODUCERS, GREATER WYALUSING CHAMBER OF COMMERCE, WYALUSING LIONS CLUB, VOLUNTEERS, ALL STATES, CITIES, COUNTRIES OR OTHER GOVERNMENTAL BODIES OR LOCATIONS IN WHICH EVENTS OR SEGMENTS OF EVENTS ARE HELD, AND THE OFFICERS, DIRECTORS, EMPLOYEES, REPRESENTATIVES AND AGENTS OF ANY OF THE ABOVE, EVEN IF SUCH CLAIMS, LOSSES OR LIABILITIES ARE CAUSED BY THE NEGLIGENT ACTS OR OMISSIONS OF THE PERSONS I AM HEREBY RELEASING OR ARE CAUSED BY THE NEGLIGENT ACTS OR OMISSIONS OF ANY OTHER PERSON OR ENTITY; d) I ACKNOWLEDGE that there may be traffic or persons on the course route, AND I assume the risk of running, biking, boating or participating in the North Branch Triathlon. I also ASSUME ANY AND ALL OTHER RISKS associated with participating in the North Branch Triathlon, including but not limited to falls, contact and/or contact with other participants, effects of weather including heat, cold and/or humidity, defective equipment, the condition of the roads, water hazards, contact with other swimmers or boats, and any hazard that may be posed by spectators or volunteers, all such risks being known and appreciated by me and I further acknowledge that these risks include risks that may be the result of the negligence of persons or entities mentioned above in subparagraph (c) or of other persons or entities. I FURTHER COVENANT AND AGREE NOT TO SUE any of the persons or entities mentioned above from any and all expenses incurred, claims made or liabilities assessed against them, including but not limited to attorneys' fees and litigation expenses, arising out of or resulting from, directly or indirectly, in whole or in part, (i) my actions or inaction, (ii) my breach or failure to abide by any part of this AWRL including but not limited to my covenant not to sue; (iii) my breach or failure to abide by any of the Competitive Rules or, (iv) any other harm caused by me. I FURTHER GRANT PERMISSION for the use of my name and/or likeness relating to my participation in the North Branch Triathlon and I WAIVE all rights to any future compensation to which I may otherwise be entitled as a result of the use of my name or likeness. I HEREBY AFFIRM THAT I AM EIGHTEEN (18) YEARS OF AGE OR OLDER, I HAVE READ THIS DOCUMENT, AND I UNDERSTAND ITS CONTENT.

WAIVER AND LIABILITY RELEASE SIGNATURE REQUIRED

I hereby certify that I have read this document (waiver) and I understand and agree to its contents.

Print Name _____ Age _____
(please print)

Signature of Athlete _____ Date _____

Signature of Parent or Guardian _____
(If under 18 yrs of age parent or guardian must also sign.)